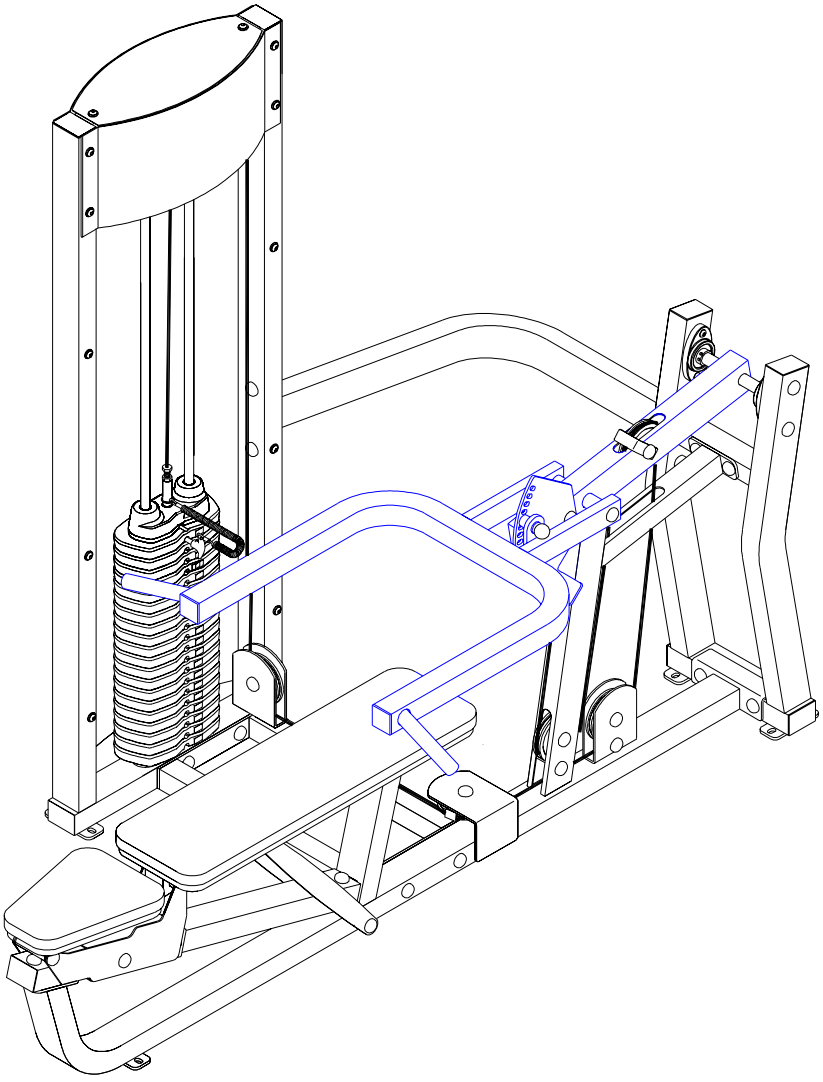
LifeFitness

FIT SERIES
MULTI PRESS



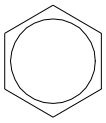
ASSEMBLY INSTRUCTIONS

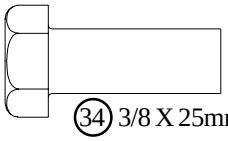
PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	ACU04-1647	TOWER	1
2	ACU02-0078	3-1/2 X 1" CABLE CLIP	1
3	ACU04-1361	SEAT PAD SUPPORT	1
4	ACU04-1338	PRESS ARM	1
5	ACU04-1643	PIVOT ARM	1
6	ACU04-1358	MULTI PRESS SEAT ADJUST	1
7	ACU04-1362	BACK PAD SUPPORT	1
8	ACU04-1642	PRESS FRAME	1
9	ACU04-1639	GUIDE ROD SUPPORT	1
10	ACU04-1385	PRESS ARM ADJUST PLATE	1
11	ACU02-1294	MULTI PRESS ADJUST PLATE	2
12	ACU01-2028	MULTI PRESS SLIDE TUBE	1
13	ACU04-1646	BASE	1
14	ACU04-1645	UPPER SUPPORT	1
15	ACU04-1644	REAR UPRIGHT	1
16	ACU07-0156	BACK PAD	1
17	ACU07-0158	SEAT PAD	1
18	ACU05-0351	PILLOW BLOCK	2
19	ACU06-0025	4-1/2" PULLEY	7
20	ACU06-0304	3/4 X 2" WEIGHT STACK CUSHION	2
21	ACU01-2387	GUIDE ROD	2
22	ACU72925	WEIGHT PLATE	20
23	ACU02-1304	2-7/8" X 2-1/4" CABLE CLIP	1
24	ACU10-0204ASY	HEAD PLATE	1
25	ACU11-0067	WEIGHT STACK PIN	1
26	ACU05-0212	13/16" SHAFT COLLAR	2
27	ACU05-0348	5-1/2" PIVOT SHAFT	2
28	ACU03-0536	5-1/2" TAPPED SHAFT	1
29	ACU06-0371	ACCORDIAN SLEEVE	2
30	ACU05-0356	PILLOW BLOCK SPACER	4
31	ACU08-0085	3/8 X 1/2" FLANGE SPACER	8
32	ACU08-0078	3/8 X 3/4" FLANGE SPACER	1
33	ACU08-0077	3/8 X 1" FLANGE SPACER	1
34	ACUDA1C03802516NU	3/8 X 25mm BOLT	1
35	ACUDA1C03803216NU	3/8 X 32mm BOLT	2
36	ACUDA1C03804316NU	3/8 X 43mm BOLT	4
37	ACUDA1C03804316YU	3/8 X 43mm BOLT W/LOCTITE	2
38	ACUDA1C03806116NU	3/8 X 61mm BOLT	2
39	ACUDA1C03806716NU	3/8 X 67mm BOLT	14
40	ACUDA1C03807016NU	3/8 X 70mm BOLT	1
41	ACUDA1C03807316NU	3/8 X 73mm BOLT	3
42	ACUDA1C03809016NU	3/8 X 90mm BOLT	7
43	ACUDA1C03810616NU	3/8 X 106mm BOLT	2
44	ACUDA1C03816416NU	3/8 X 164mm BOLT	2
45	ACUDAEC03802516YB	3/8 X 25mm BUTTON HEAD BOLT	2
46	ACUDAEC03807616NB	3/8X76mm BUTTONHEAD BOLT	4
47	ACUDAEC03809016NB	3/8X90mm BUTTONHEAD BOLT	10
48	ACUDC1250100020B	3/8" BLACK FLAT WASHER	26
49	ACUDB2E03807200U	3/8" LOW HEIGHT LOCK NUT	37
50	ACUDC120010510U	3/8" SAE WASHER	69
51	ACU05-0310	3/8" RH WASHER	69
52	ACU06-0357	BLACK RH CAP	17
53	ACU06-0357	WHITE RH CAP	52
OR	ACU06-0357	PLATINUM RH CAP	52
54	ACU13-0170	MULTI PRESS CABLE	1
55	ACU73086	WEIGHT STACK LABEL	1
56	ACU10-0229	TOP SHROUD	1
57	ACU10-0227	FRONT SHROUD	1
58	ACU10-0230	REAR SHROUD	1
59	ACUDB9E03813016B	3/8" ACORN NUT	10
60	ACUDC1250100020U	3/8" FLAT WASHER	4

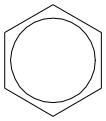
Tools Required for Assembly

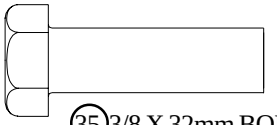
* 9/16" wrench
* Ratchet with 9/16" socket
* Metric Allen wrench set



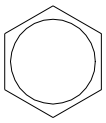


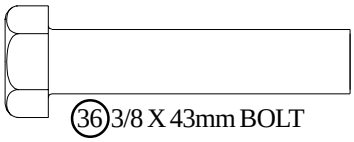
34 3/8 X 25mm BOLT



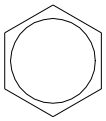


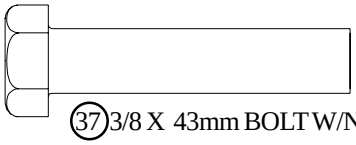
35 3/8 X 32mm BOLT



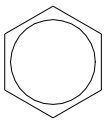


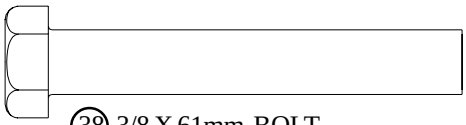
36 3/8 X 43mm BOLT



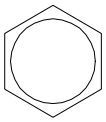


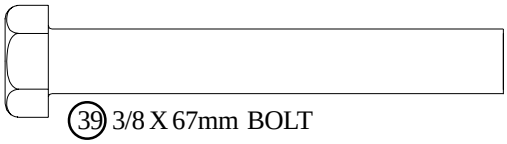
37 3/8 X 43mm BOLT W/NYLOCK



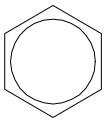


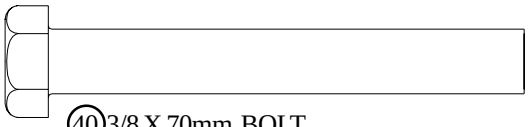
38 3/8 X 61mm BOLT



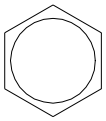


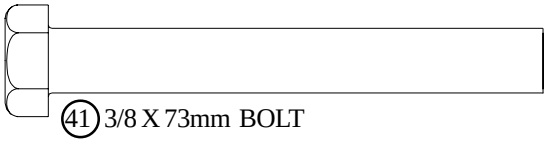
39 3/8 X 67mm BOLT



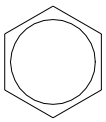


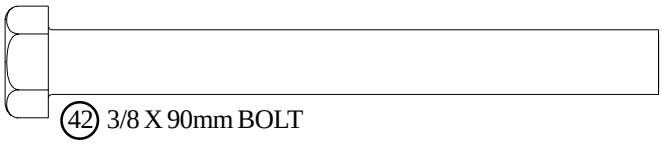
40 3/8 X 70mm BOLT



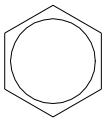


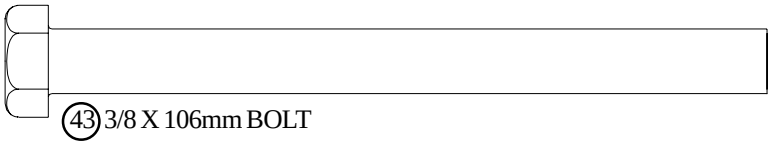
41 3/8 X 73mm BOLT



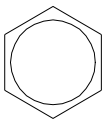


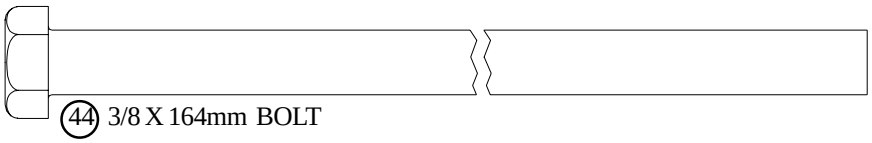
42 3/8 X 90mm BOLT



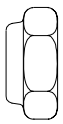


43 3/8 X 106mm BOLT

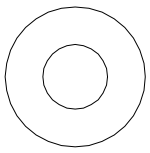




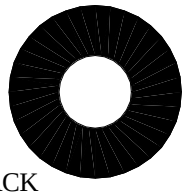
44 3/8 X 164mm BOLT



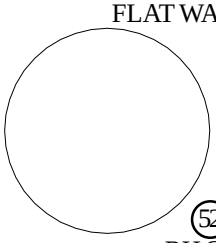
49 3/8" LOW HEIGHT LOCK NUT



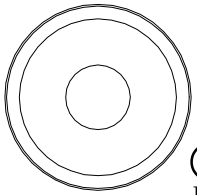
50 3/8" SAE WASHER



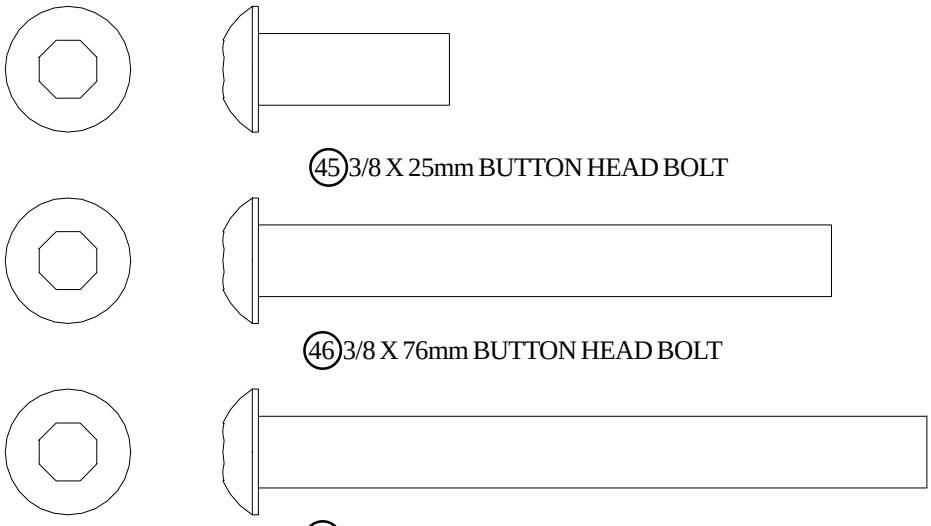
48 3/8" BLACK FLAT WASHER



52 53 RH CAP (WHITE/PLATINUM/BLACK)



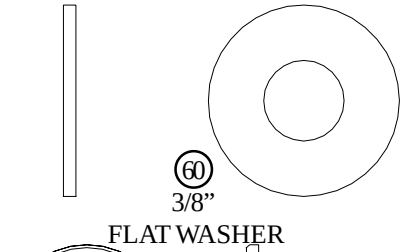
51 RH WASHER



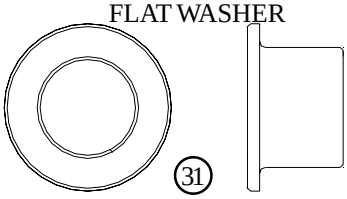
(45) 3/8 X 25mm BUTTON HEAD BOLT

(46) 3/8 X 76mm BUTTON HEAD BOLT

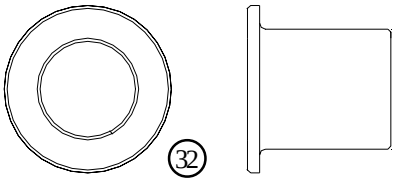
(47) 3/8 X 90mm BUTTON HEAD BOLT



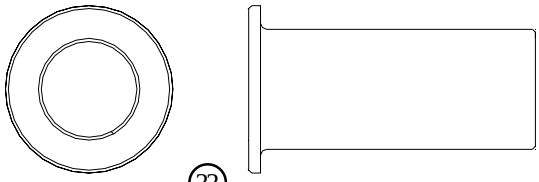
(60) 3/8" FLAT WASHER



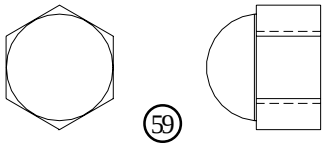
(31) 3/8 X 1/2" FLANGE SPACER



(32) 3/8 X 3/4" FLANGE SPACER



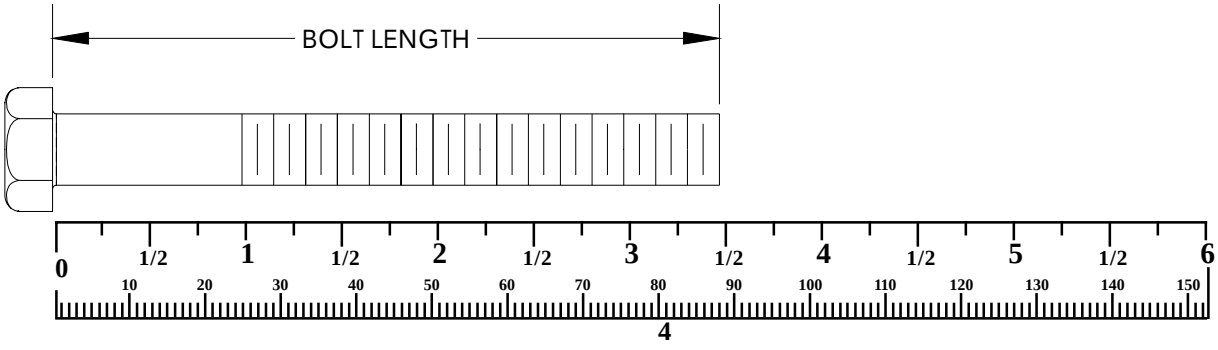
(33) 3/8 X 1" FLANGE SPACER



(59) 3/8" ACORN NUT

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



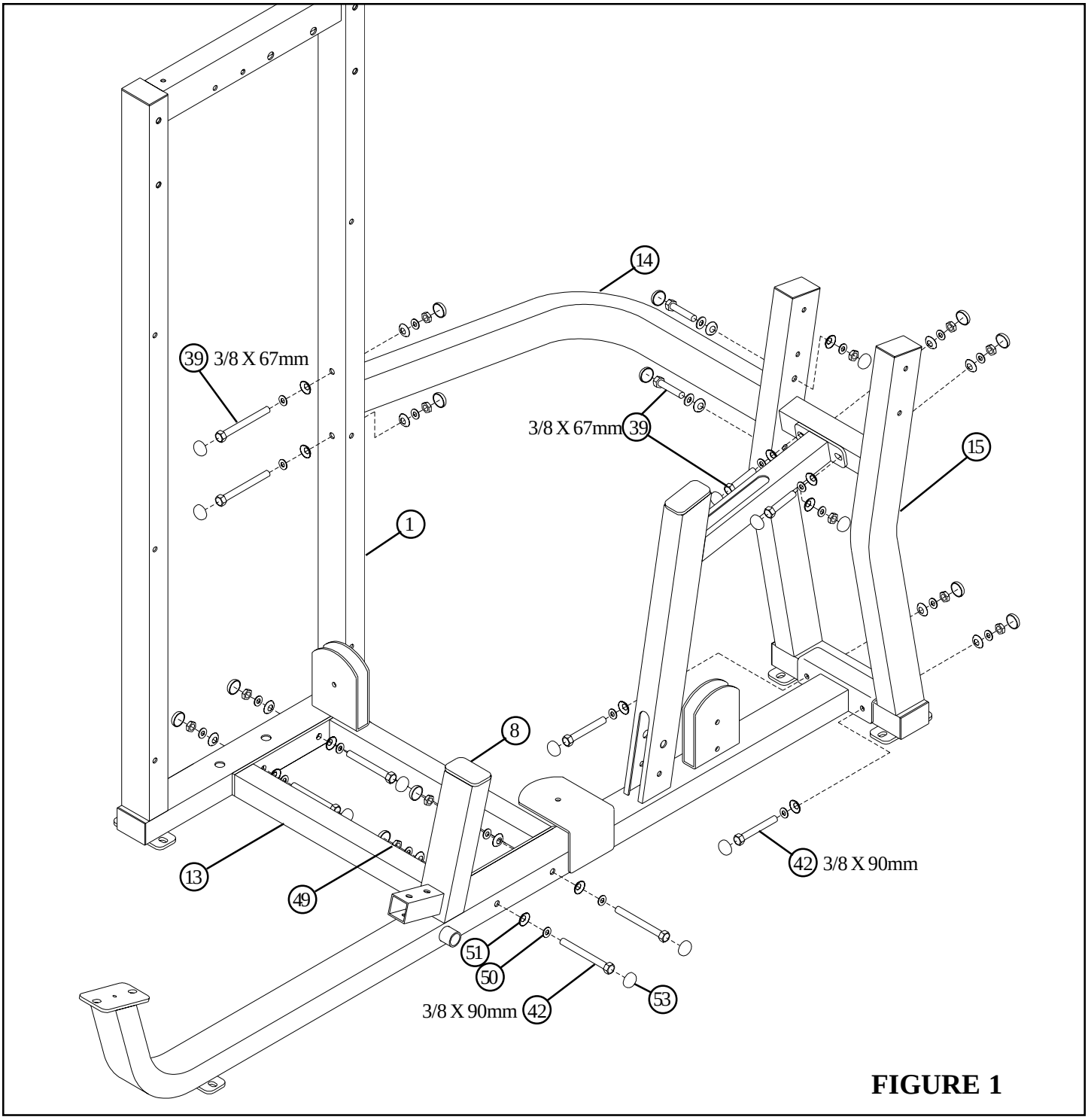


FIGURE 1

STEP 1:

- **LOOSELY** assemble the BASE (13) to the PRESS FRAME (8) and TOWER (1) using eight RH CAPS (53), four 3/8 X 90mm BOLTS (42), eight 3/8" SAE WASHERS (50), eight 3/8" RH WASHERS (51) and four 3/8" LOW HEIGHT LOCK NUTS (49) as shown in FIGURE 1.
- **LOOSELY** assemble the REAR UPRIGHT (15) to the PRESS FRAME (8) and using eight RH CAPS (53), two 3/8 X 90mm BOLTS (42), two 3/8 X 67mm BOLTS (39), eight 3/8" SAE WASHERS (50), eight 3/8" RH WASHERS (51) and four 3/8" LOW HEIGHT LOCK NUTS (49) as shown in FIGURE 1.
- **LOOSELY** assemble the UPPER SUPPORT (14) to the REAR UPRIGHT (15) and the TOWER (1) and using eight RH CAPS (53), four 3/8 X 67mm BOLTS (39), eight 3/8" SAE WASHERS (50), eight 3/8" RH WASHERS (51) and four 3/8" LOW HEIGHT LOCK NUTS (49) as shown in FIGURE 1.

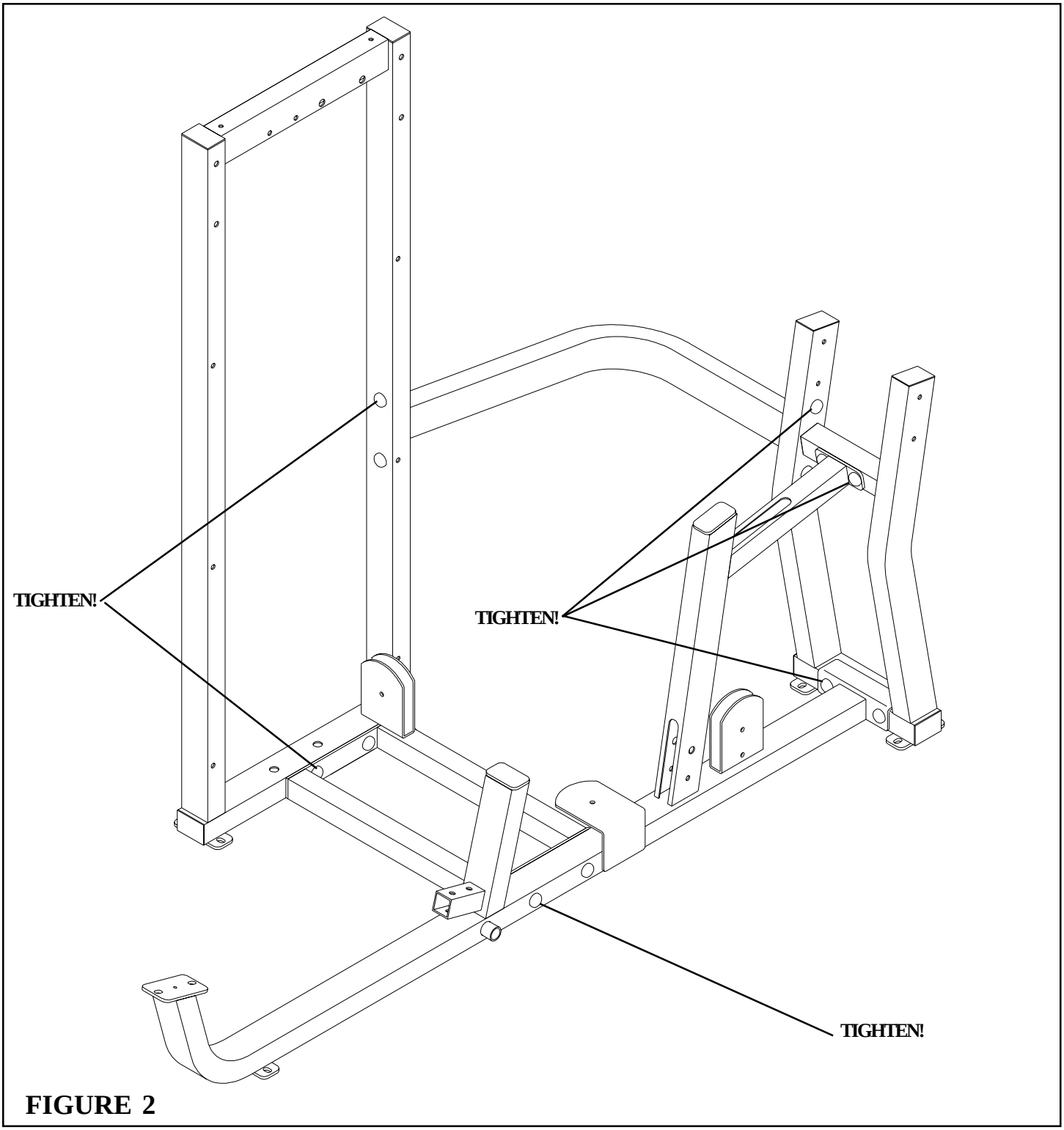


FIGURE 2

STEP 2:

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (53) over the RH WASHERS (51) on all tightened connections.**

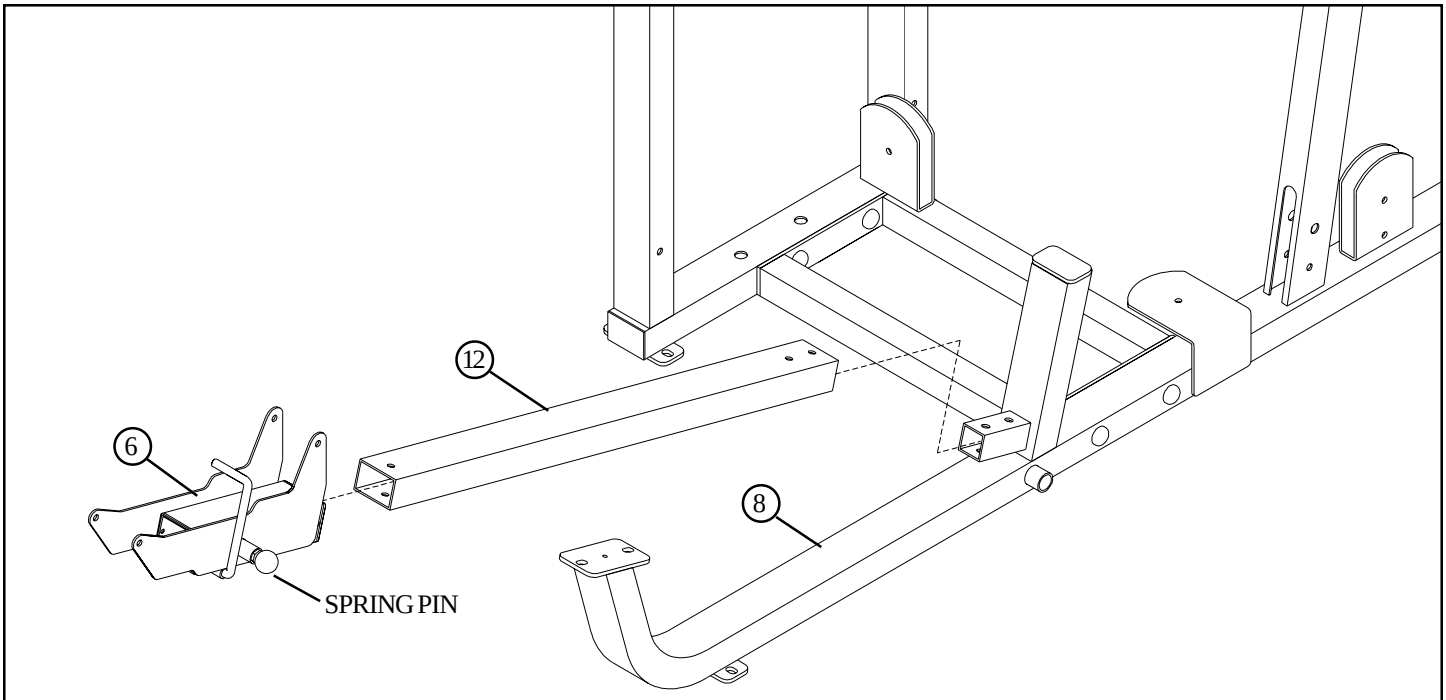


FIGURE 3

STEP 3:

- Pull back on the SPRING PIN and slide the SEAT ADJUST (6) over the SLIDE TUBE (12) as shown in FIGURE 3.

- Assemble the SLIDE TUBE (12) to the PRESS FRAME (8) as shown in FIGURE 3.

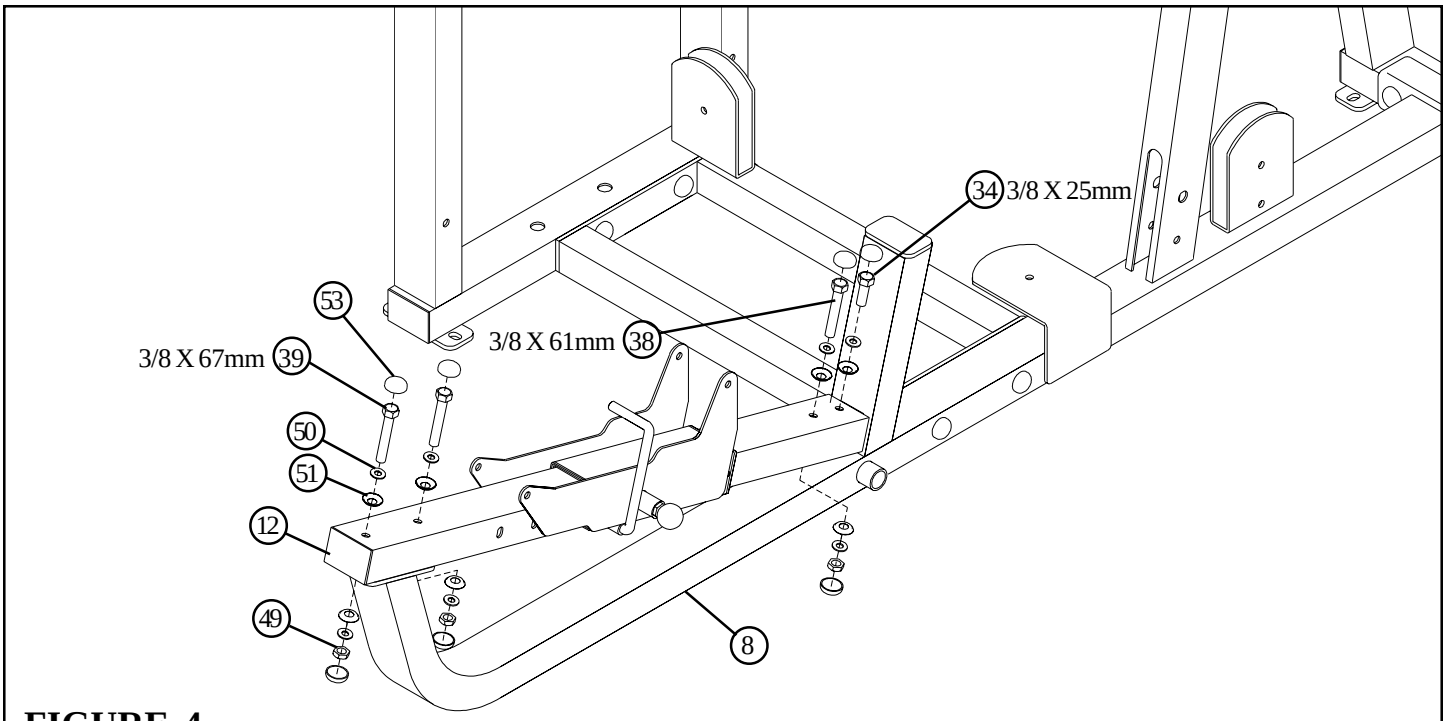


FIGURE 4

STEP 4:

- **SECURELY** assemble the SLIDE TUBE (12) to the PRESS FRAME (8) using seven RH CAPS (53), two 3/8 X 67mm BOLTS (39), one 3/8 X 61mm BOLT (38), one 3/8 X 25mm BOLT (34), seven 3/8" SAE WASHERS (50), seven 3/8" RH WASHERS (51) and three 3/8" LOW HEIGHT LOCK NUTS (49) as shown in FIGURE 4.

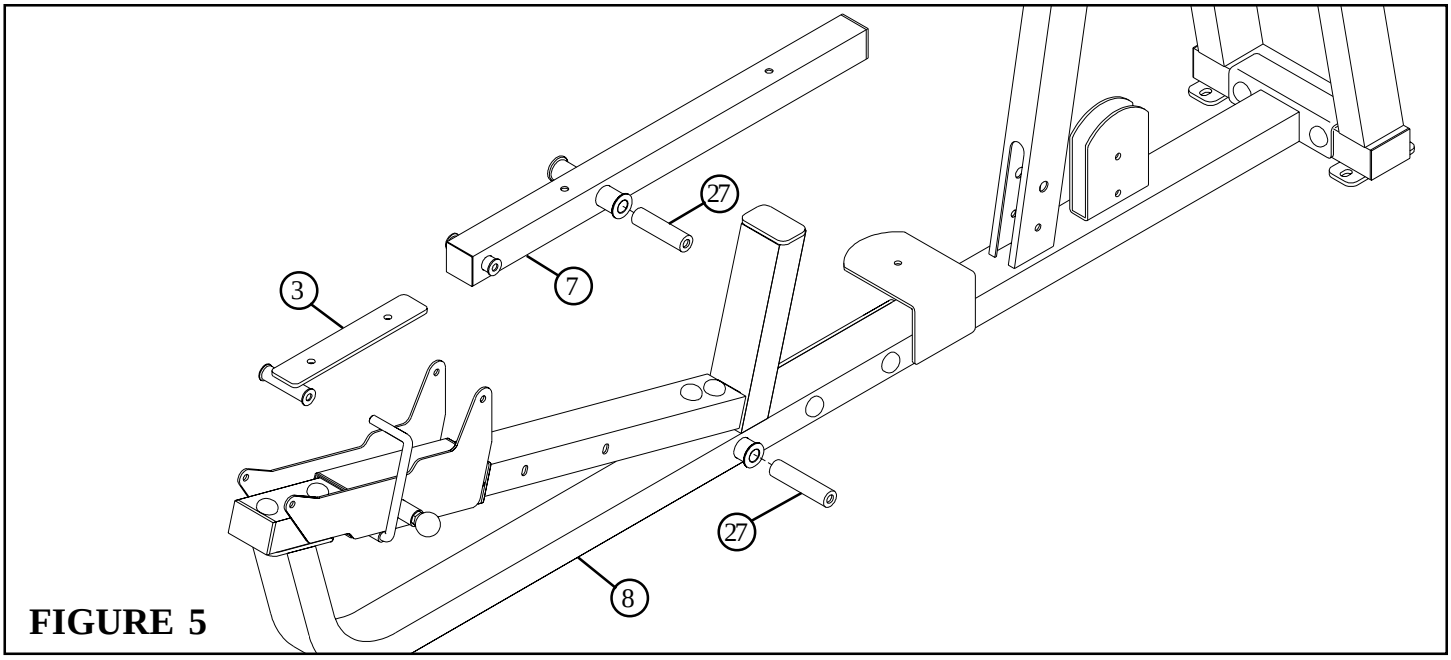


FIGURE 5

STEP 5:

- Insert one 5-1/2" PIVOT SHAFT (27) into the PRESS FRAME (8) and one 5-1/2" PIVOT SHAFT (27) into the BACK PAD SUPPORT (7) as shown in FIGURE 5.

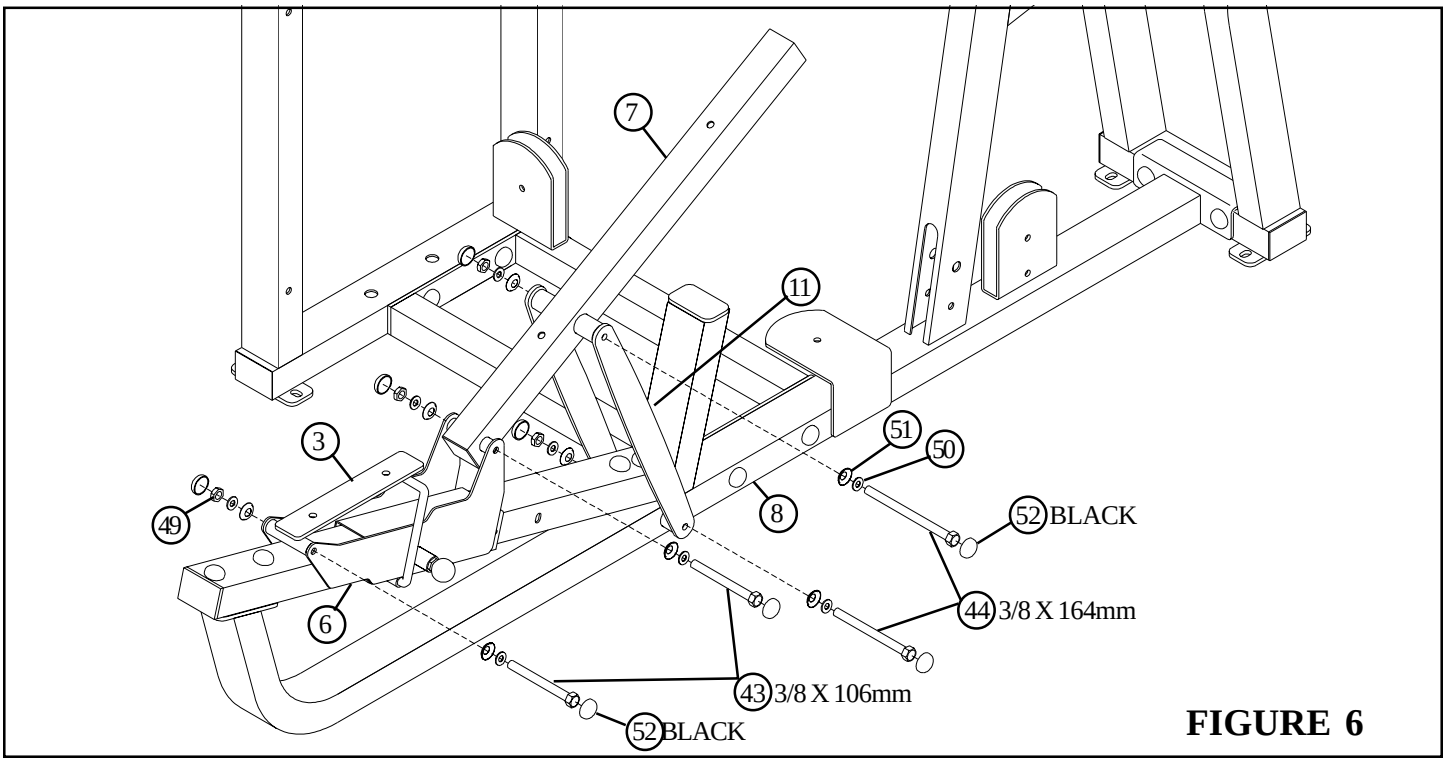
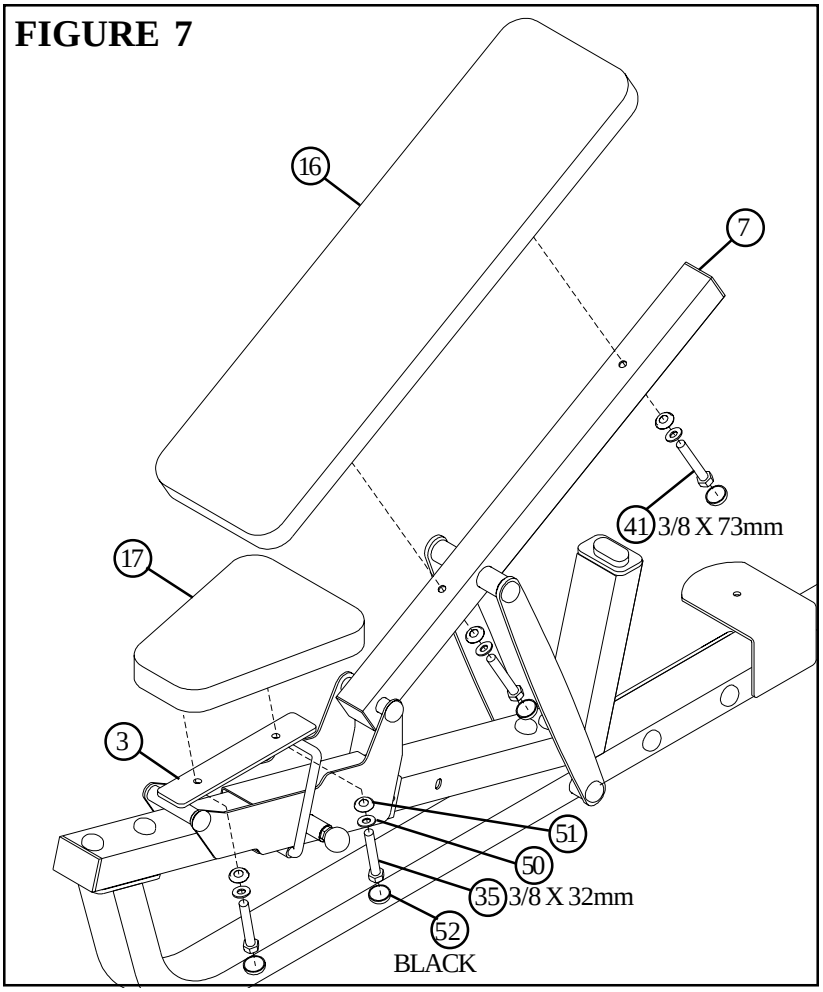


FIGURE 6

STEP 6:

- **SECURELY** assemble the BACK PAD SUPPORT (7) to the SEAT ADJUST (6) using two BLACK RH CAPS (52), one 3/8 X 106mm BOLT (43), two 3/8" SAE WASHERS (50), two 3/8" RH WASHERS (51) and one 3/8" LOW HEIGHT LOCK NUT (49) as shown in FIGURE 6. **(NOTE: Tighten connections enough to remove slop, yet allow part to rotate freely.)**
- **SECURELY** assemble two MULTI PRESS ADJUST PLATES (11) to the BACK PAD SUPPORT (7) and to the PRESS FRAME (8) using four BLACK RH CAPS (52), two 3/8 X 164mm BOLTS (44), four 3/8" SAE WASHERS (50), four 3/8" RH WASHERS (51) and two 3/8" LOW HEIGHT LOCK NUTS (49) as shown in FIGURE 6.
- **SECURELY** assemble the SEAT PAD SUPPORT (3) to the SEAT ADJUST (6) using two BLACK RH CAPS (52), one 3/8 X 106mm BOLT (43), two 3/8" SAE WASHERS (50), two 3/8" RH WASHERS (51) and one 3/8" LOW HEIGHT LOCK NUT (49) as shown in FIGURE 6. **(NOTE: Tighten connections enough to remove slop, yet allow part to rotate freely.)**

FIGURE 7



STEP 7:

- **SECURELY** assemble the BACK PAD (16) to the BACK PAD SUPPORT (7) using two BLACK RH CAPS (52), two 3/8 X 73mm BOLTS (41), two 3/8" SAE WASHERS (50) and two 3/8" RH WASHERS (51) as shown in FIGURE 7.

- **SECURELY** assemble theSEAT PAD (17) to the SEAT PAD SUPPORT (3) using two BLACK RH CAPS (52), two 3/8 X 32mm BOLTS (35), two 3/8" SAE WASHERS (50) and two 3/8" RH WASHERS (51) as shown in FIGURE 7.

STEP 8:

- Slide two ACCORIDIAN SLEEVES (29) over the shafts of the PIVOT ARM (5) as shown in FIGURE 8.

- Slide two PILLOW BLOCKS (18) over the shafts of the PIVOT ARM (5) as shown in FIGURE 8.

- Assemble four 3/8 X 76mm BUTTON HEAD BOLTS (46), four 3/8" BLACK FLAT WASHERS (48) and four PILLOW BLOCK SPACERS (30) to the the PILLOW BLOCKS (18) as shown in FIGURE 8.

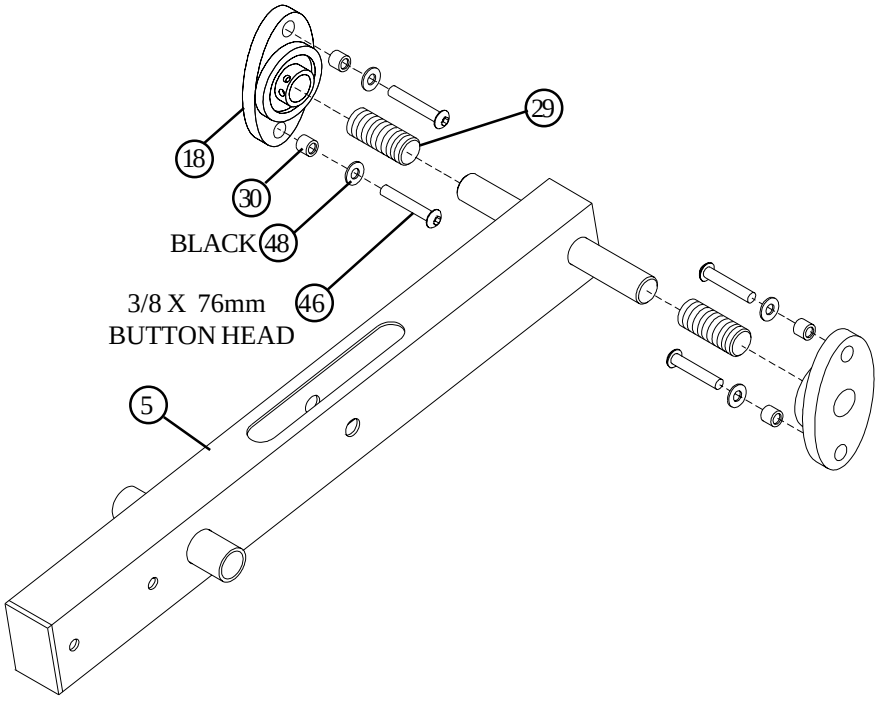


FIGURE 8

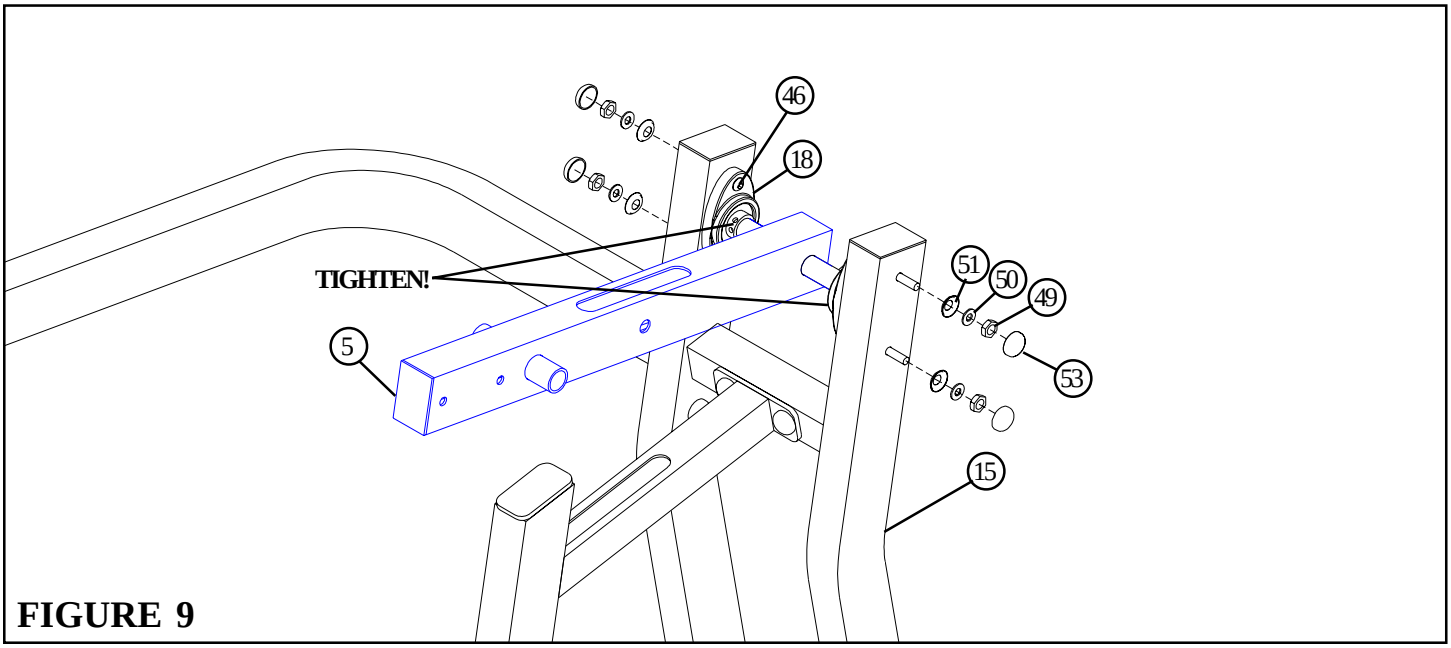


FIGURE 9

STEP 9:

- **SECURELY** assemble the PIVOT ARM (5) to the REAR UPRIGHT (15) using four previously inserted 3/8 X 76mm BUTTON HEAD BOLTS (46), four RH WASHERS (51), four 3/8" SAE WASHERS (50), four 3/8" LOW HEIGHT LOCK NUTS (49) and four RH CAPS (53) as shown in FIGURE 9.

- **IMPORTANT!** When PIVOT ARM (5) is centered and level in the PILLOW BLOCKS (18), tighten the PILLOW BLOCK set screws.

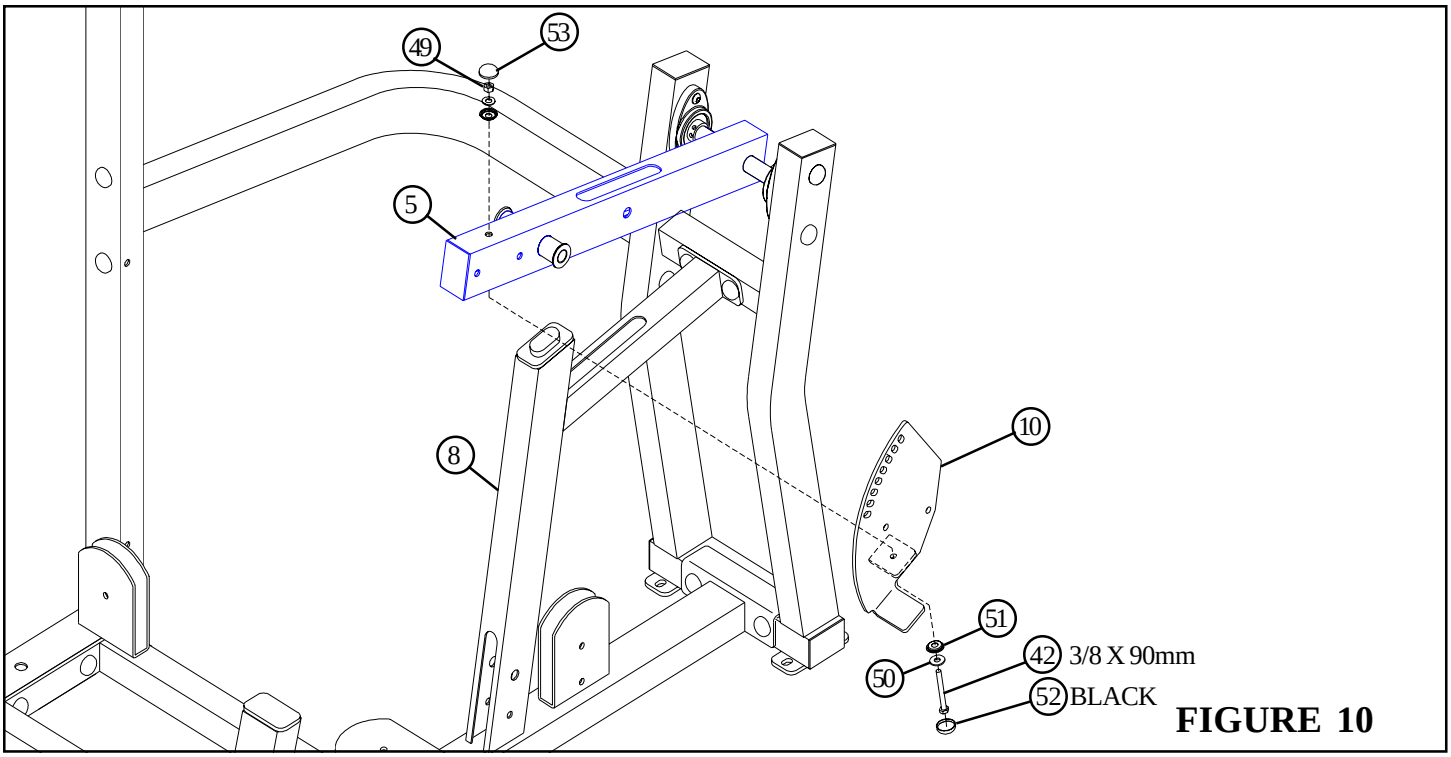
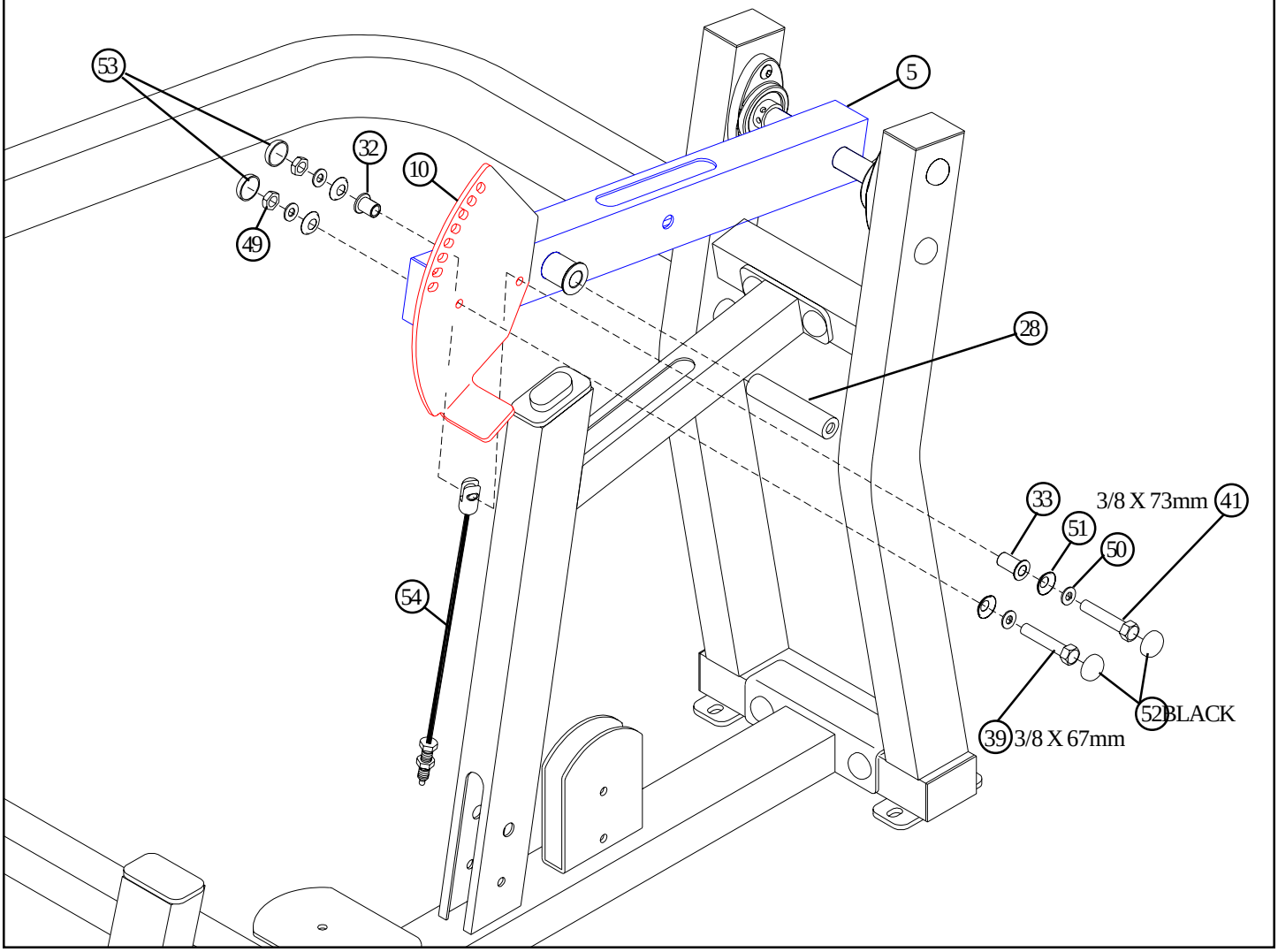


FIGURE 10

STEP 10:

- **LOOSELY** assemble the PRESS ARM ADJUST PLATE (10) to the PIVOT ARM (5) using one RH CAP (53), one BLACK RH CAP (52), one 3/8 X 90mm BOLT (42), two 3/8" SAE WASHERS (50), two 3/8" RH WASHERS (51) and one 3/8" LOW HEIGHT LOCK NUT (49) as shown in FIGURE 10.

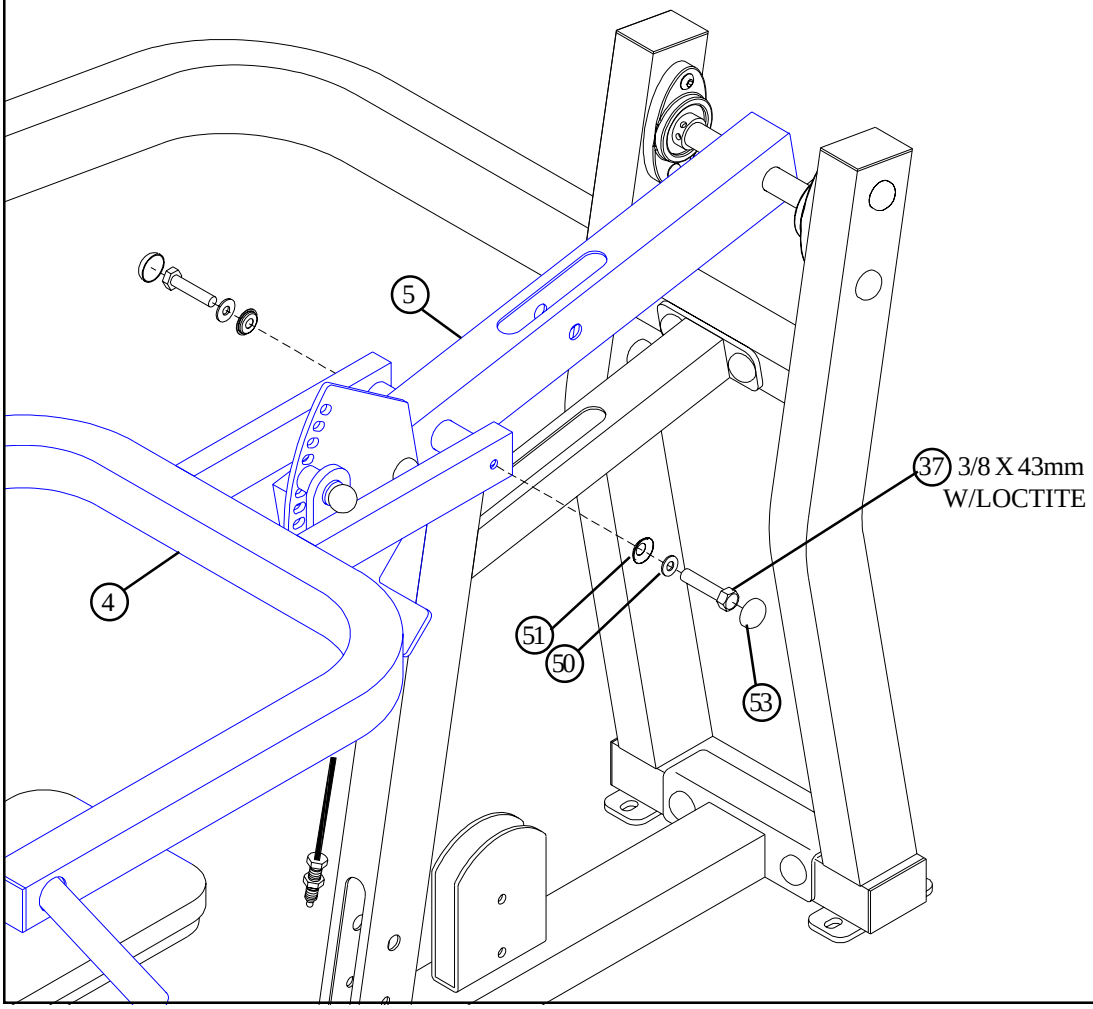
FIGURE 11



STEP 11:

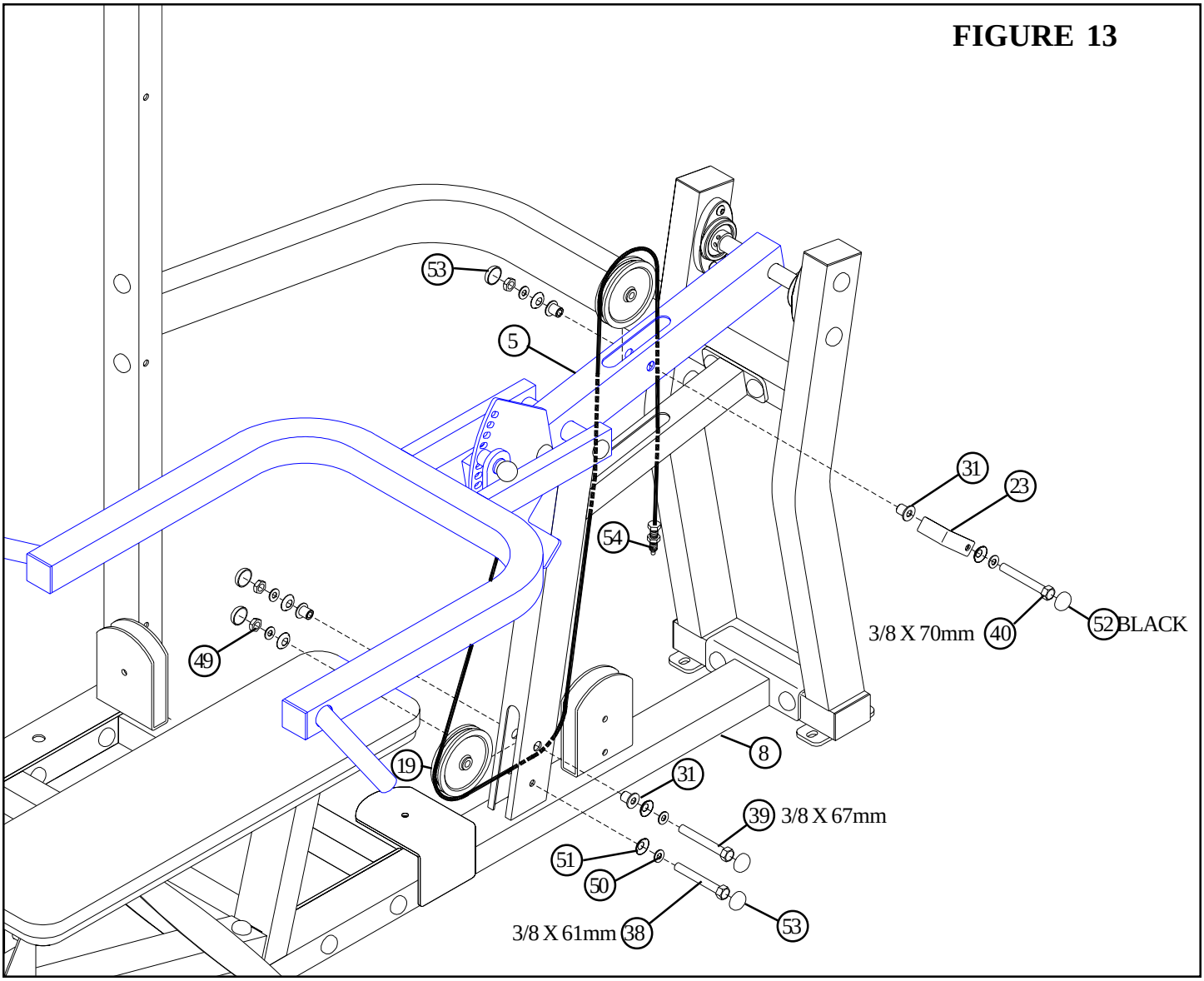
- Finish assembling the PRESS ARM ADJUST PLATE (10) to the PIVOT ARM (5) using two RH CAPS (53), two BLACK RH CAPS (52), one 3/8 X 67mm BOLT (39), one 3/8 X 73mm BOLT (41), four 3/8" SAE WASHERS (50), four 3/8" RH WASHERS (51), one 3/8 X 3/4" FLANGE SPACER (32), one 3/8 X 1" FLANGE SPACER (33), one MULTI PRESS CABLE (54) and two 3/8" LOW HEIGHT LOCK NUTS (49) as shown in FIGURE 11. **(NOTE: Assemble the MULTI PRESS CABLE to the second set of holes.) (NOTE: When finished assembling, SECURELY tighten all three bolts.)**
- Insert one 5-1/2" TAPPED PIVOT SHAFT (28) into the PIVOT ARM (5).

FIGURE 12



STEP 12:

- **SECURELY** assemble the PRESS ARM (4) to the PIVOT ARM (5) using two RH CAPS (53), two 3/8 X 43mm BOLTS W/LOCTITE (37), two 3/8" SAE WASHERS (50) and two 3/8" RH WASHERS (51) as shown in FIGURE 12.



STEP 13:

- Route the MULTI PRESS CABLE (54) through the PRESS FRAME (8) and **SECURELY** assemble one 4-1/2" PULLEY (19) to the PRESS FRAME (8) using four RH CAPS (53), one 3/8 X 67mm BOLT (39), one 3/8 X 61mm BOLT (38), four 3/8" SAE WASHERS (50), four 3/8" RH WASHERS (51), two 3/8 X 1/2" FLANGE SPACERS (31) and two 3/8" LOW HEIGHT LOCK NUTS (49) as shown in FIGURE 13.

- Route the MULTI PRESS CABLE (54) through the PRESS FRAME (8) and PIVOT ARM (5) and **SECURELY** assemble one 4-1/2" PULLEY (19) to the PIVOT ARM (5) using one BLACK RH CAP (52), one RH CAP (53), one 3/8 X 70mm BOLT (40), two 3/8" SAE WASHERS (50), two 3/8" RH WASHERS (51), one 2-7/8" X 2-1/4" CABLE CLIP (23), two 3/8 X 1/2" FLANGE SPACERS (31) and one 3/8" LOW HEIGHT LOCK NUT (49) as shown in FIGURE 13.

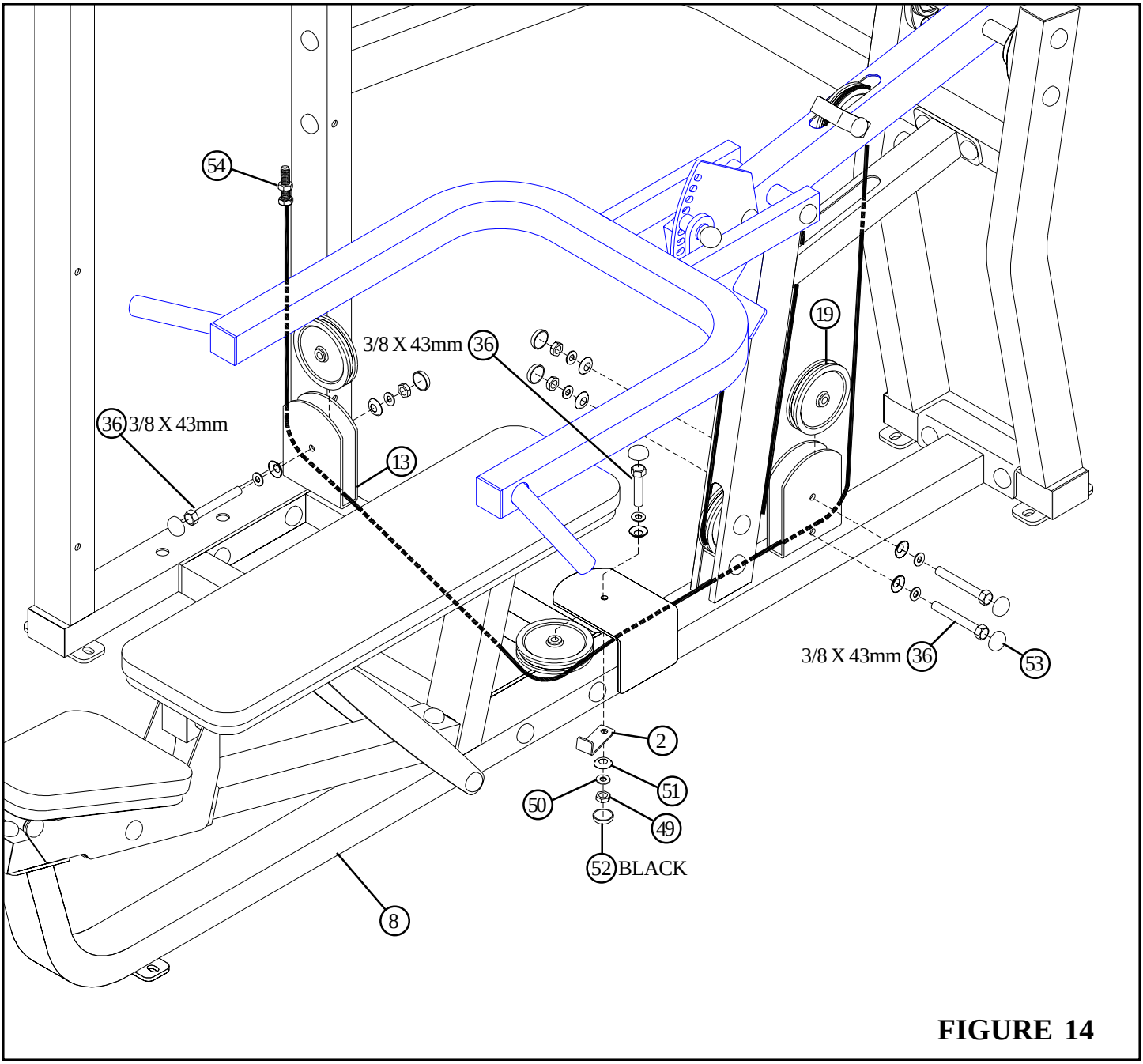


FIGURE 14

STEP 14:

- Route the MULTI PRESS CABLE (54) through the vertical bracket on the PRESS FRAME (8) and **SECURELY** assemble one 4-1/2" PULLEY (19) to the bracket using four RH CAPS (53), two 3/8 X 43mm BOLTS (36), four 3/8" SAE WASHERS (50), four 3/8" RH WASHERS (51) and two 3/8" LOW HEIGHT LOCK NUTS (49) as shown in FIGURE 14.

- Route the MULTI PRESS CABLE (54) through the PRESS FRAME (8) and the horizontal bracket on the PRESS FRAME (8) and **SECURELY** assemble one 4-1/2" PULLEY (19) to the bracket using one BLACK RH CAP (52), one RH CAP (53), one 3/8 X 43mm BOLT (36), two 3/8" SAE WASHERS (50), two 3/8" RH WASHERS (51), one 3-1/2 X 1" CABLE CLIP (2) and one 3/8" LOW HEIGHT LOCK NUT (49) as shown in FIGURE 14.

- Route the MULTI PRESS CABLE (54) through the vertical bracket on the BASE (13) and **SECURELY** assemble one 4-1/2" PULLEY (19) to the bracket using two RH CAPS (53), one 3/8 X 43mm BOLT (36), two 3/8" SAE WASHERS (50), two 3/8" RH WASHERS (51) and one 3/8" LOW HEIGHT LOCK NUT (49) as shown in FIGURE 14.

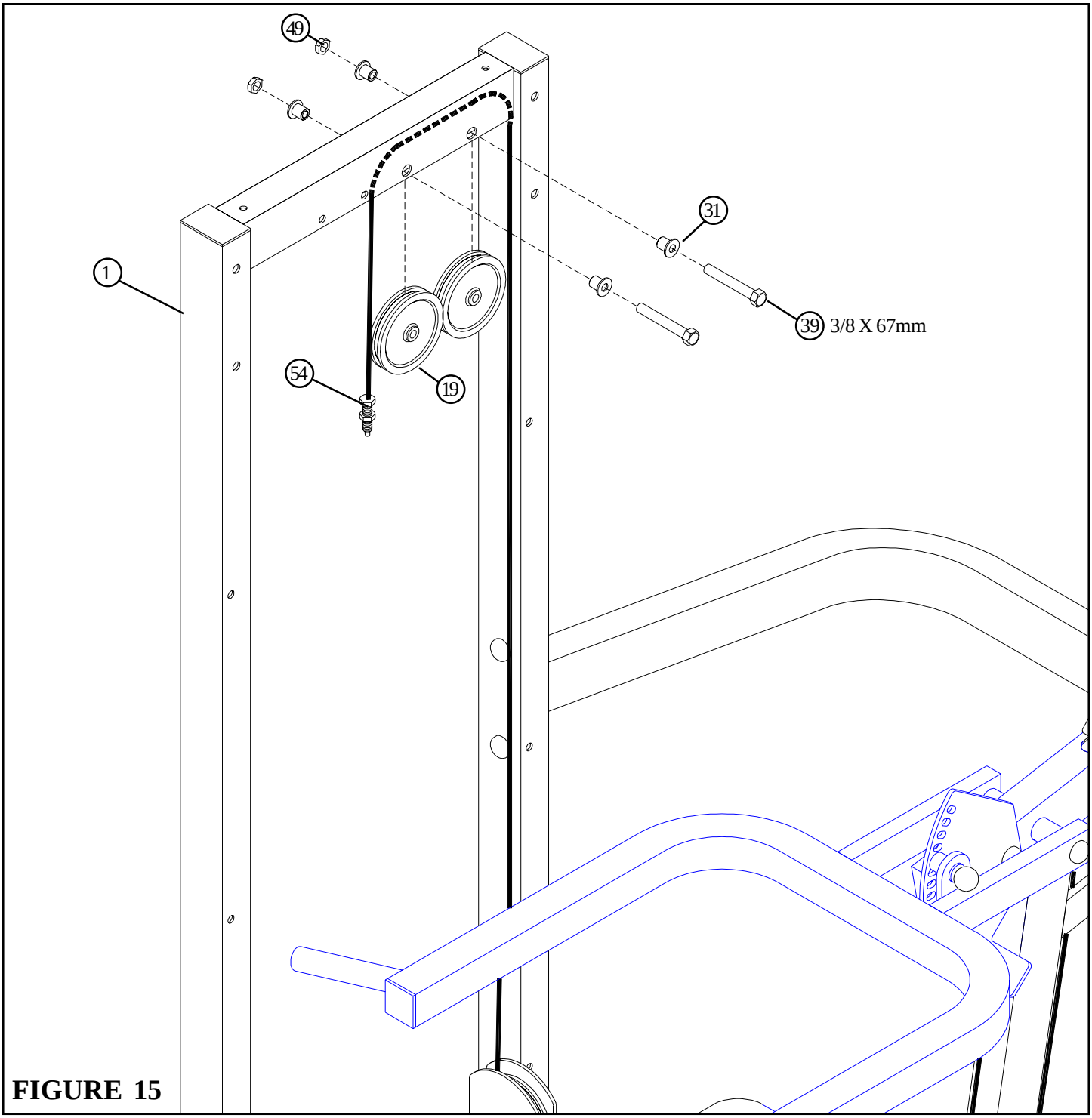
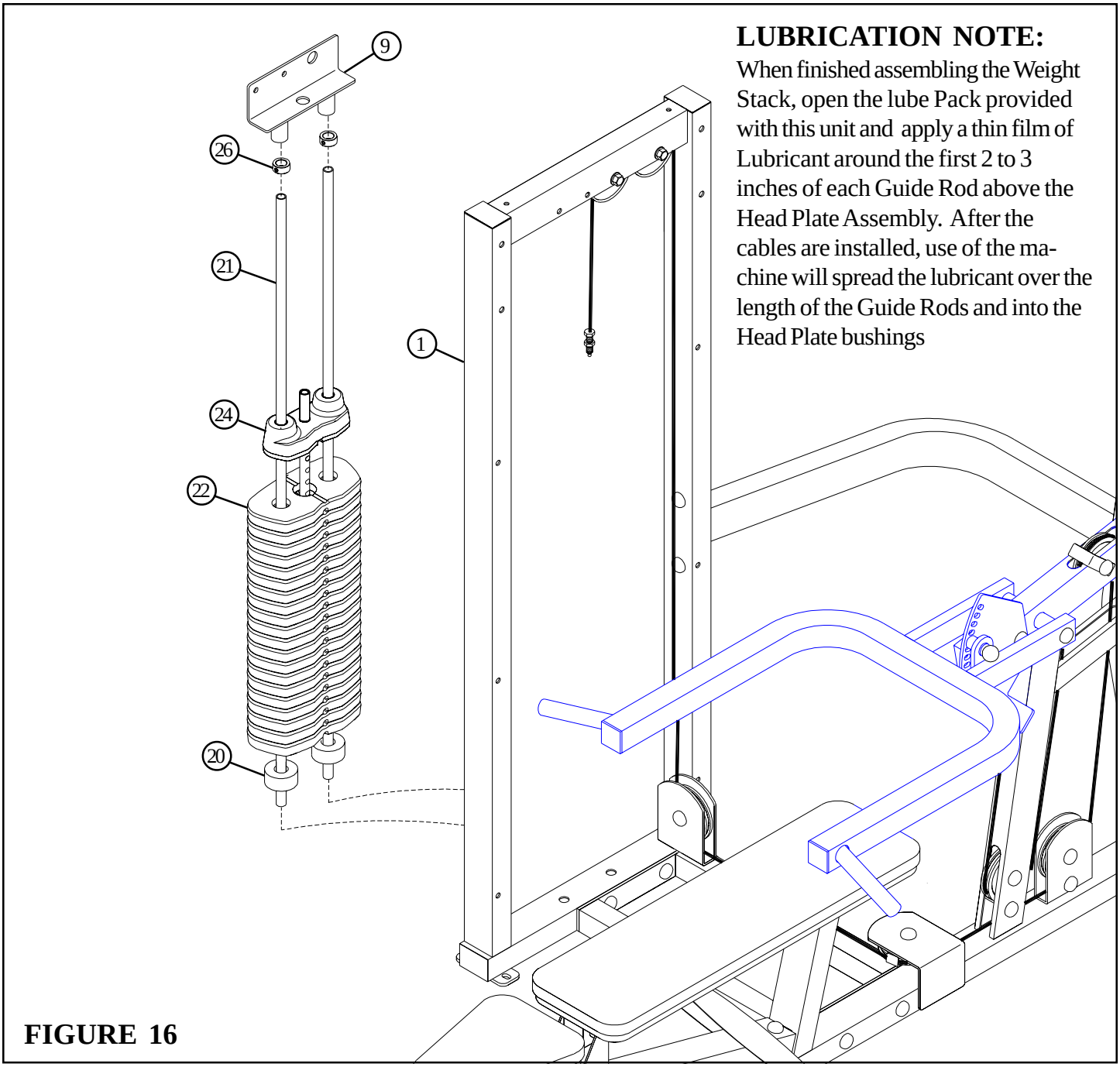


FIGURE 15

STEP 15:

- Route the MULTI PRESS CABLE (54) through the TOWER (1) and **SECURELY** assemble two 4-1/2" PULLEYS (19) to the TOWER (1) using two 3/8 X 67mm BOLTS (39), four 3/8 X 1/2" FLANGE SPACERS (31) and two 3/8" LOW HEIGHT LOCK NUTS (49) as shown in FIGURE 15.



LUBRICATION NOTE:
When finished assembling the Weight Stack, open the lube Pack provided with this unit and apply a thin film of Lubricant around the first 2 to 3 inches of each Guide Rod above the Head Plate Assembly. After the cables are installed, use of the machine will spread the lubricant over the length of the Guide Rods and into the Head Plate bushings

FIGURE 16

STEP 16:

- Insert two GUIDE RODS (21) into the TOWER (1) as shown on FIGURE 16.
- Slide two 3/4 X 2" WEIGHT STACK CUSHIONS (20) down over the GUIDE RODS (21) as shown in FIGURE 16.
- Using **EXTREME CARE** slide all twenty WEIGHT PLATES (22) down over the GUIDE RODS (21) on to the WEIGHT STACK CUSHIONS (20). Make sure that the WEIGHT PLATES (22) are all facing as shown.
- Slide the HEAD PLATE ASSEMBLY (24) down over the GUIDE RODS (21) onto the weight stack as shown in FIGURE 16.
- Slide two 13/16" SHAFT COLLARS (26) and the GUIDE ROD SUPPORT (9) over the GUIDE RODS (21) as shown in FIGURE 16.

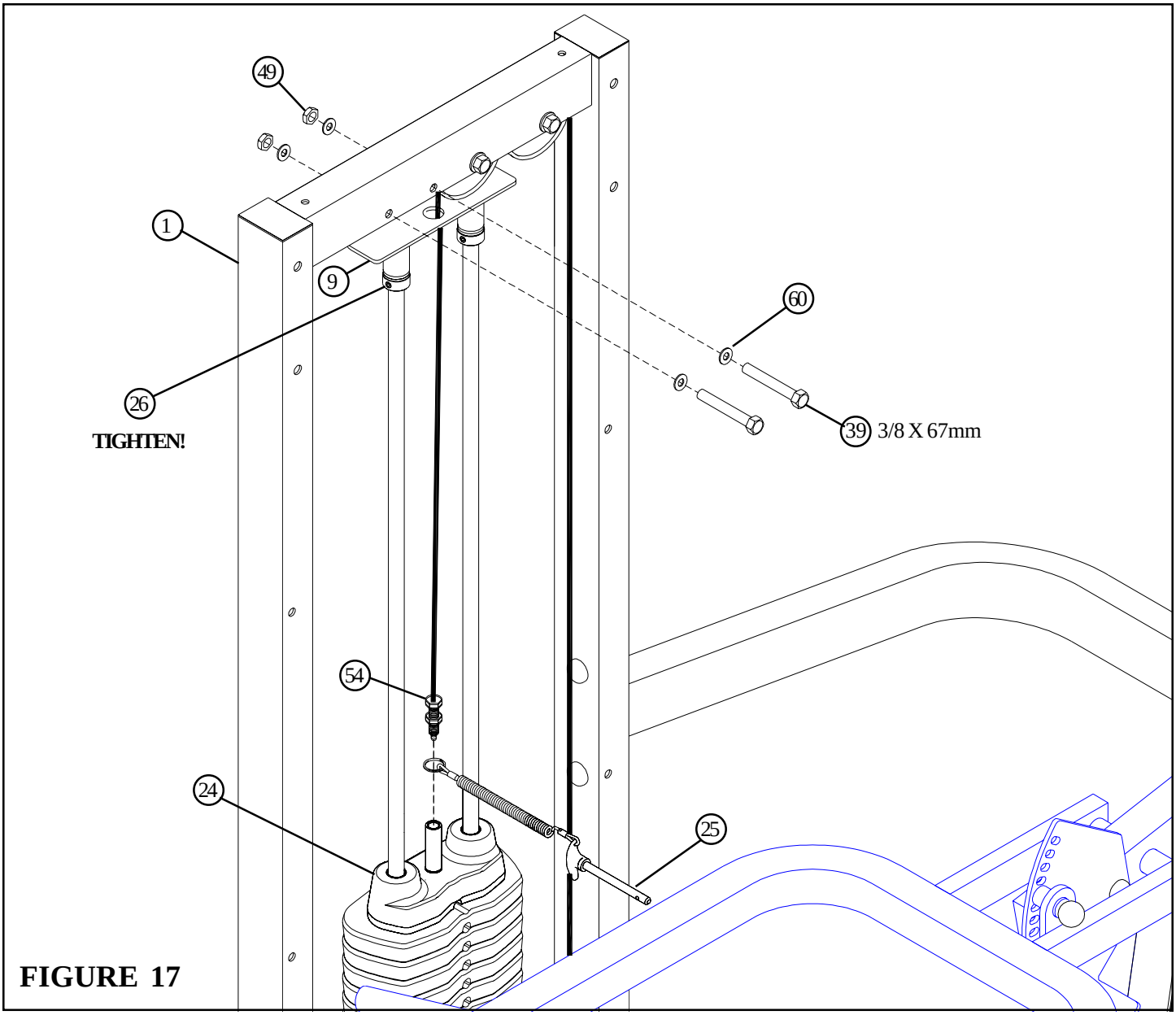


FIGURE 17

STEP 17:

- Route the threaded end of the MULTI PRESS CABLE (54) through the GUIDE ROD SUPPORT (9) and **SECURELY** assemble the GUIDE ROD SUPPORT (9) to the TOWER (1) using two 3/8 X 67mm BOLTS (39), four 3/8" FLAT WASHERS (60) and two 3/8" LOW HEIGHT LOCK NUTS (49) as shown in FIGURE 17.
- Slide the 13/16" SHAFT COLLARS (26) up against the GUIDE ROD SUPPORT (9) and **SECURELY** tighten the set screws on the SHAFT COLLARS (26). See FIGURE 17.
- Slide one WEIGHT STACK PIN (25) over the stem on the HEAD PLATE (24) as shown in FIGURE 12.
- **LOOSELY** thread the end of the MULTI PRESS CABLE (54) into the end of the stem on the HEAD PLATE (24). See FIGURE 17.

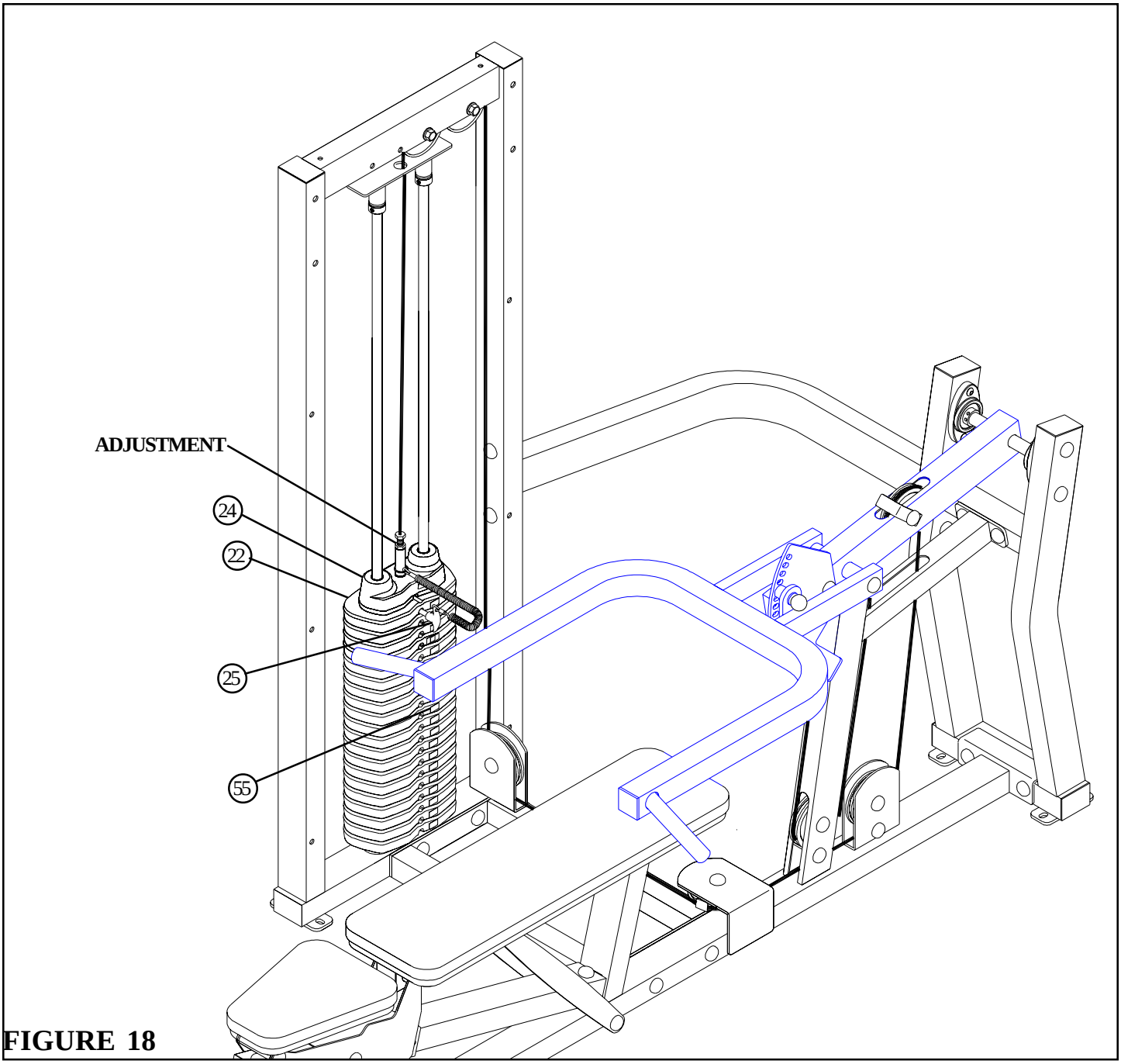
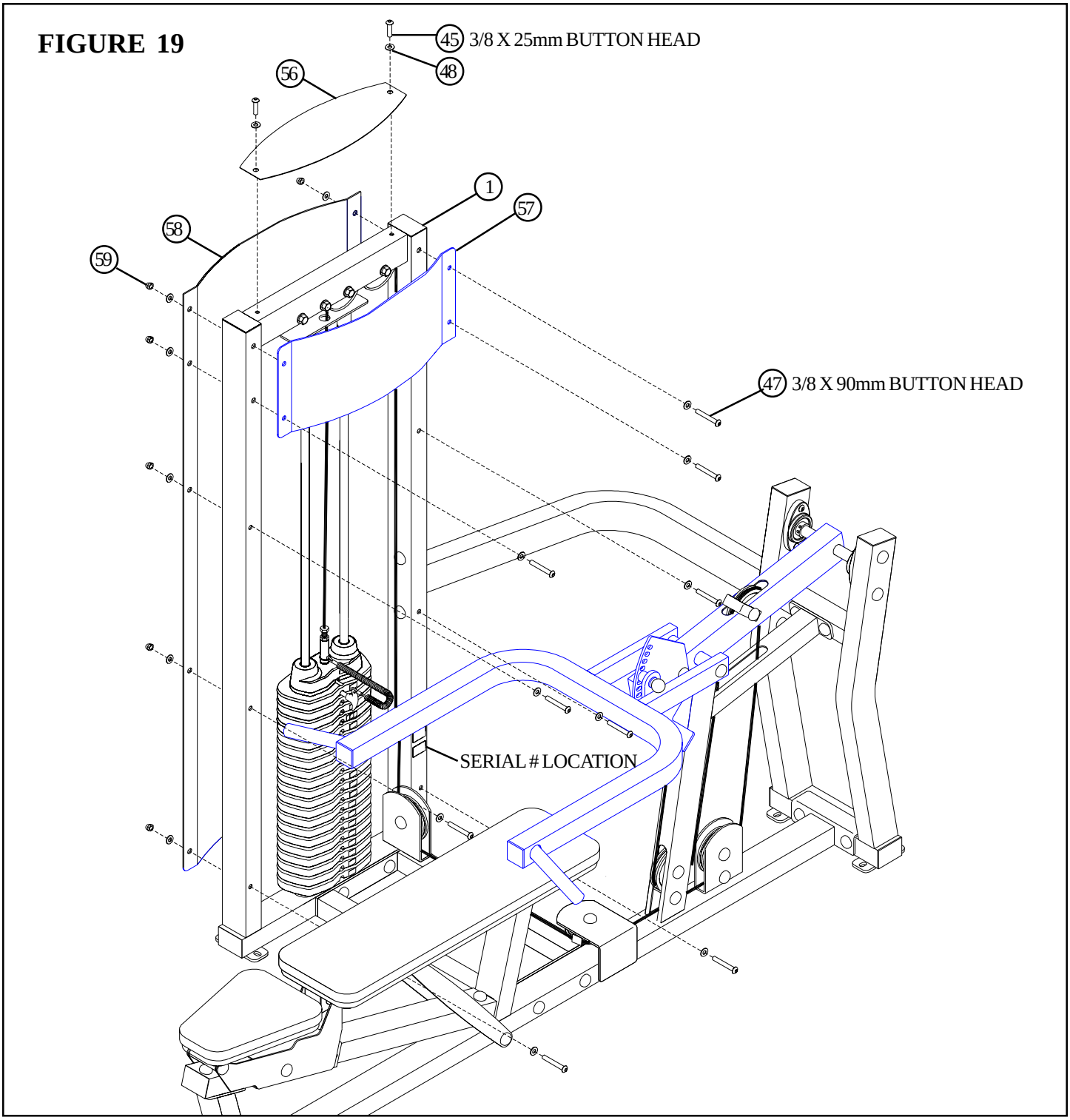


FIGURE 18

STEP 18:

- Adjustments can be made in the above locations to set the correct amount of tension in the cables.
- If upon completion of assembly, the HEAD PLATE (24) does not sit on top of the first WEIGHT PLATE (22), push the HEAD PLATE (24) down, insert the WEIGHT STACK PIN (25) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (24) from lifting up. See FIGURE 18.
- If after completing the previous step, the HEAD PLATE (24) still does not sit on top of the first WEIGHT PLATE (22) or if there is excess slack in the cable system, adjust the threaded ends of the CABLES attached to the HEAD PLATE (24) accordingly and retighten the jam nuts. See FIGURE 18.
- For maximum performance, the HEAD PLATE (24) should just barely sit on the top WEIGHT PLATE (22).
- Apply WEIGHT STACK LABELS (55) to WEIGHT PLATES (22) and HEAD PLATE (24) as shown in FIGURE 18. Begin with number one at the HEAD PLATE (24) with larger numbers in consecutive order towards bottom of weight stack.

FIGURE 19



STEP 19:

- **SECURELY** assemble the TOP SHROUD (56) to the TOWER (1) using two 3/8 X 25mm BUTTON HEAD BOLTS (45) and two 3/8" BLACK FLAT WASHERS (48) as shown above.
- **SECURELY** assemble the FRONT SHROUD (57) and the REAR SHROUD (58) to the TOWER (1) using ten 3/8 X 90mm BUTTON HEAD BOLTS (47), twenty 3/8" BLACK FLAT WASHERS (48) and ten 3/8" ACORN NUTS (59) as shown above.

Thank you for purchasing the LifeFitness FIT SERIES MULTI PRESS. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
1 YEAR	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800) 351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness FIT SERIES MULTI PRESS. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.